

## CLAIMS

1. A kit for improving batting performance, comprising:

a ball hitting practice device for use in combination with a substantially upright member comprising

a ball, said ball slidably mounted upon a tether said tether having an attachment end and having a distal end;

said attachment end having a first tether end and a second tether end;

means of attachment of said first tether end to a first position on said upright member;

means of attachment of said second tether end to a second position on said upright member;

a ball positioner mounted upon said tether proximate to said distal end of said tether;

said ball positioner providing a stop for said slidably mounted ball upon said tether, thereby determining a target position for said ball; and

whereby said practice ball in said target position when struck by a user will slide on said tether and wrap around said between said first position and said second position, and thereafter return to said target position;

said kit further comprising a weighted component for attachment to and weighting of a bat such that when said weighted bat is used in conjunction with said ball hitting device,

said user receives conditioning and training for later play without said weighted component; and

said kit optionally further comprising a bat, optionally further comprising one or more balls of the same or different size for fastening to and use with said device, optionally further comprising one or more additional weighted components of the same or different weight or size, optionally further comprising instructions for use, and optionally further comprising a carrying case.

2. A kit for improving batting performance, comprising

a ball hitting practice device for use in combination with a substantially upright member, said device comprising:

a ball, said ball slidably engaged with a tether, said tether having an attachment end and having a distal end;

said attachment end having a first tether end and a second tether end;

means of attachment of said first tether end to a first position on said upright member;

means of attachment of said second tether end to a second position on said upright member;

said ball slidably positionable to a target position on said tether;

means to maintain said ball in said target position on said tether; and

whereby said practice ball in said target position when struck by a user will wrap

around said upright member between said first position and said second position, and thereafter unwind and return to said target position; and

said kit further comprising a weighted component for attachment to and weighting of a bat such that when said weighted bat is used in conjunction with said ball hitting device, said user receives conditioning and training for later play without said weighted component; and

said kit optionally further comprising a bat, optionally further comprising one or more balls of the same or different size for fastening to and use with said device, optionally further comprising one or more additional weighted components of the same or different weight or size, optionally further comprising instructions for use, and optionally further comprising a carrying case.

3. A kit for improving batting performance, comprising

a ball hitting practice device for use in combination with as substantially upright member, said device comprising:

a ball, said ball slidably mounted upon a tether, said tether having an attachment end and having a distal end;

a tether support means, said tether support means mountable at a base end on a mounting surface;

means of attachment of said attachment of said tether to said tether support means whereby said tether is positioned substantially normal to said mounting surface when attached to said tether support means;

a ball positioner mounted upon said tether proximate to said distal end of said tether;

said ball positioner providing a stop for said slidably mounted ball thereby determining a target position for said ball when said ball slides to a position adjacent to said ball positioner;

whereby said practice ball in said target position when struck by a user will slide on said tether and wrap around said tether support means and thereafter return to said target position;

said kit further comprising a weighted component for attachment to and weighting of a bat such that when said weighted bat is used in conjunction with said ball hitting device, said user receives conditioning and training for later play without said weighted component; and

said kit optionally further comprising a bat, optionally further comprising one or more balls of the same or different size for fastening to and use with said device, optionally further comprising one or more additional weighted components of the same or different weight or size, optionally further comprising instructions for use, and optionally further comprising a carrying case.

4. The kit of any of claims 1-3 having video instructions.
5. The kit of any of claims 1-3 having a carrying case made of a material selected from the group consisting of cloth and plastic.
6. A method for improving batting performance, said method comprising using a Hit-A-Way™ or similar device in combination with a weighted bat.
7. The method of claim 6 wherein said bat is weighted with an external removable weight.
8. The method of claim 6 wherein said bat is weighted with an internal removable weight.